

The background features a stylized farm landscape with rolling green hills in various shades of green and brown soil. On the left, there is a green tree, a purple flower, and an orange flower. A red bird is flying in the sky. The sky is composed of horizontal bands of light blue and white.

# Bringing the Farm to Summer

*North Carolina Summer Nutrition Programs  
NC Department of Public Instruction*



# What is Farm to Summer?

- *Extends or connects Farm to School with Farm to Summer*
- *Gives Sponsors the opportunity to tap into locally sourced foods*
  - *Serving locally sourced foods (in meals, snacks, or taste tests),*
  - *Conducting educational activities centered around local food and agriculture such as field trips to local farms or farmers markets, cooking demos or classes, or hosting farmers at summer meal sites, or*
  - *Creating and/or tending to gardens where edible fruits and vegetables are grown*



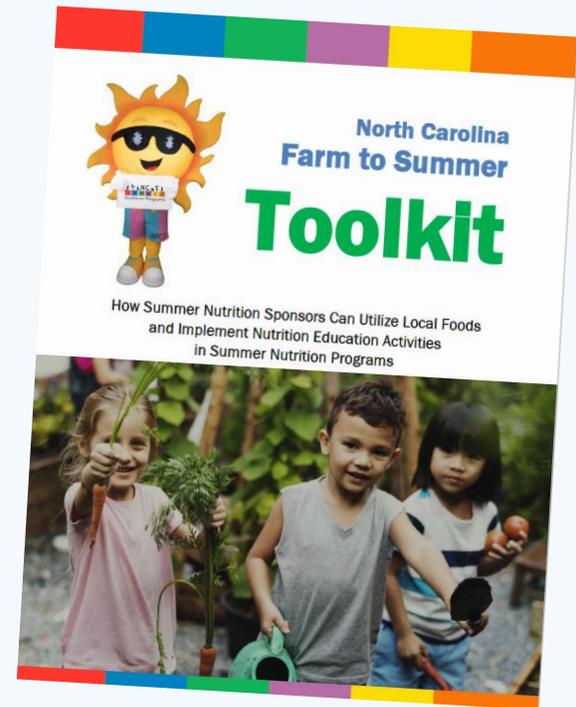
# Why Farm to Summer?

- Sponsors can increase participation by improving the quality of meals served
- Sites can keep kids engaged in learning and moving through fun educational activities
- Programs can support local growers and producers
- Farm to Summer can connect children and the community to where their food is grown and the people that grow it



# NC Farm to Summer 2021

- July 18-24 is Farm to Summer Week in North Carolina
- NC Farm to Summer Week is designed to bring awareness to the NC Farm to Summer initiative and NC Summer Nutrition Programs
- Sites and Sponsors are encouraged to “bring the farm to summer” during Farm to Summer Week



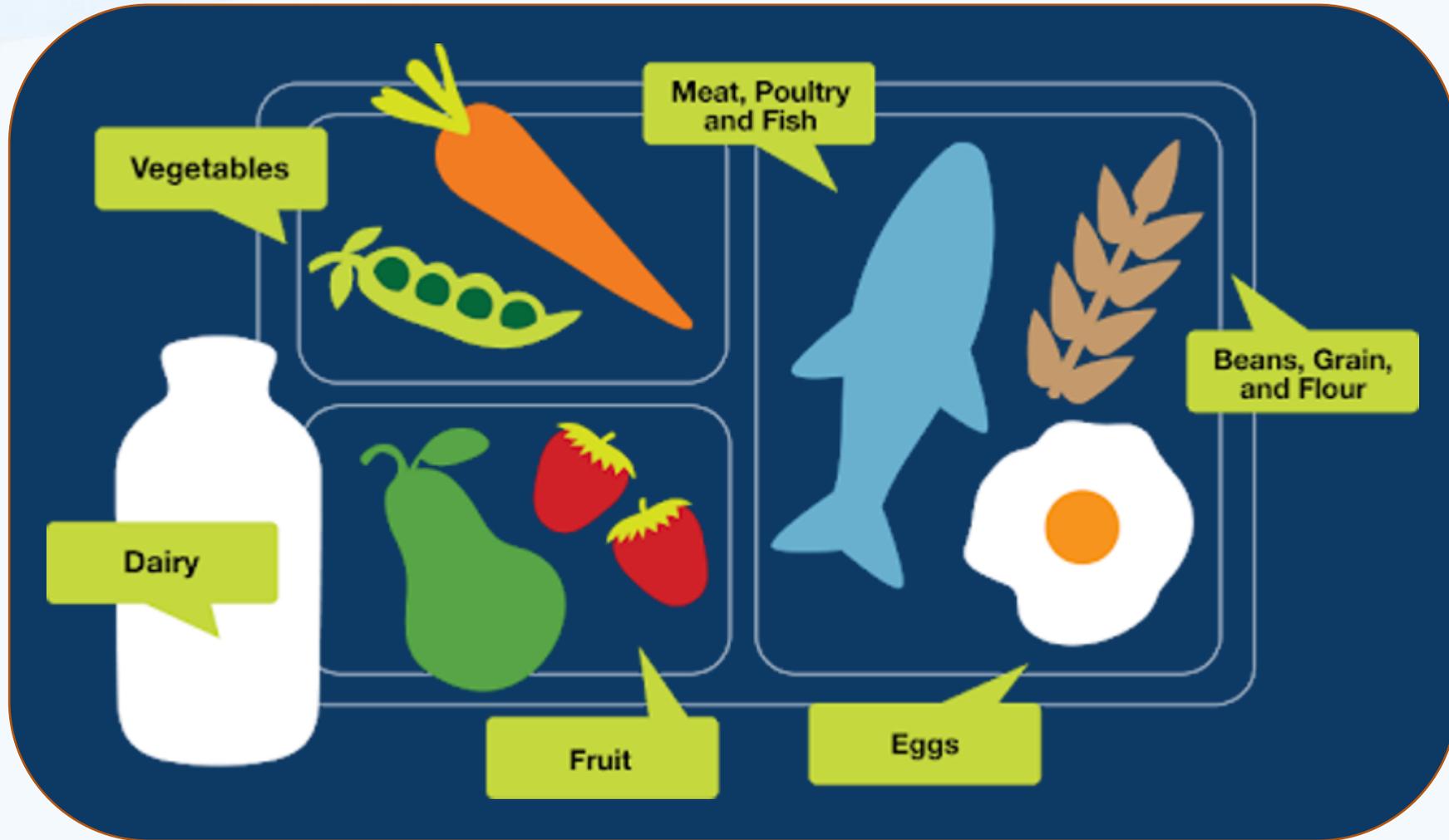
# Take the NC Farm to Summer Challenge



- Register for the NC Farm to Summer Challenge: <https://bit.ly/3iHbwQU>
- Serve local foods as part of meals and/or snacks
- Teach about local foods through farm to summer activities virtually or sent home with children
- Post about farm to summer activities on social media using #NCFarmtoSummer, #NCSummerMeals, @NCSchoolMeals, @Ray4NCKids
- Sign up for the NC Crunch to celebrate farm to school in October



# Local Foods Can Span the Tray



*Does the whole meal have to be local?*

**NO!**

- You can serve one of more items or all foods that are local*
- You can focus simply on the plate and/or offer complimentary educational activities*



# Local Procurement Highlights

## Step 1:

Find out what is local and in season

## Step 2:

Plan ahead with your procurement process

## Step 3:

Serve the local products during NC Farm to Summer Week



# Define What Local Means To You

- *Defining local is one of the first steps in procuring local foods*
- *There is no federal definition*
- *Local can be defined as within a certain number of miles, within the county, or within in the state*
- *What goals are you trying to accomplish?*

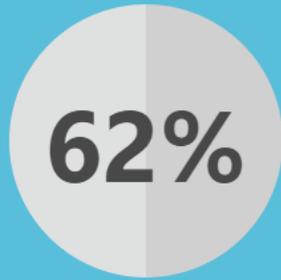


# Assessing Availability Of Local Products

- *USDA Census of Agriculture*
  - *USDA's National Agricultural Statistics Service (NASS)*
- *USDA Farm to School Census*
- *USDA Database of GAP Certified Farms*
- *Seasonality Charts*
- *Local Cooperative Extension Agent*



# NC Farm to School and Summer Census Data



**62% OF NORTH CAROLINA SCHOOL DISTRICTS**

surveyed by USDA say they participate in farm to school activities.



IN NORTH CAROLINA,

**39%**

**OF SCHOOL DISTRICTS ARE USING LOCAL FOODS IN SUMMER MEALS.**



THAT'S  
**84**  
DISTRICTS



WITH  
**1,714**  
SCHOOLS



AND  
**1,042,810**  
STUDENTS

**Another 17% of districts surveyed plan to start farm to school activities in the future.**

*(Note: of the 171 school districts in North Carolina, 79% completed the USDA Farm to School Census.)*



Audit Types:  Commodity Category:

Commodity Subcategories:  Commodities:

Location Category:  Location:

Company:



United States Department of Agriculture  
AMS Fruit & Vegetable Programs

## Companies that Meet USDA GAP&GHP Acceptance Criteria

Audit Types: Produce GAPs Harmonized Audit Tomato  
Food Safety Protocol Audit USDA Good Agricultural  
Practices & Good Handling Practices Audit USDA  
Mushroom GAP Audit  
Commodities: All Commodities  
Locations: North Carolina  
Companies: All Companies

The following table shows companies that have been audited by the USDA Agricultural Marketing Service, Fruit and Vegetable Programs for the audit type, audit scopes, and commodities listed below and have successfully demonstrated an acceptable level of adherence to the audit standard being audited. The audit results are valid for one (1) year from the date shown, and are validated through the use of unannounced audit(s) throughout the growing/packing season.

Company	Address	City, State	Scope(s) of Audit Conducted	Date Audit Conducted	Commodities Covered by Audit
<b>Audit Type: Produce GAPs Harmonized Audit</b>					
<b>Commodity: Apples</b>					
<b>Location: North Carolina</b>					
Deal Orchards, Inc.	<a href="#">7400 NC Highway 16N</a>	<a href="#">Taylorsville, NC</a>	Field Operations and Harvesting, Post-Harvest Operations	July 22, 2020	Apples, Asian Pears, Nectarines, Peaches
Lewis Creek Farm, LLC	<a href="#">378 Pilot Mountain Rd.</a>	<a href="#">Hendersonville, NC</a>	Field Operations and Harvesting	October 21, 2020	Apples
Coston Farm, LLC	<a href="#">3748 Chimney Rock Hwy</a>	<a href="#">Hendersonville, NC</a>	Field Operations and Harvesting	September 28, 2020	Apples
Dalton Orchards	<a href="#">605 Bald Rock Rd.</a>	<a href="#">Hendersonville, NC</a>	Field Operations and Harvesting	September 8, 2020	Apples
Beehive Orchards	<a href="#">351 Beehive Road</a>	<a href="#">Hendersonville, NC</a>	Field Operations and Harvesting	September 21, 2020	Apples



# What's in Season?

## North Carolina Fruit and Vegetable Availability



You can use this guide to choose the freshest, best tasting produce obtainable!  
 Insist on buying local NC grown food in grocery stores, restaurants, in the work place and schools, or -  
 buy direct from a local NC grower at a farmers market, pick-your-own or roadside farm market.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES	█	█						█	█	█	█	█
ASPARAGUS			█	█								
BEETS				█	█	█				█	█	
BLACKBERRIES						█	█		█			
BLUEBERRIES					█	█	█					
BOKCHOY					█	█				█	█	
BROCCOLI			█	█	█							
BUTTERBEANS						█	█					
CABBAGE				█	█	█	█	█	█	█	█	
CANTALOUPE						█	█	█				
CARROTS	█					█	█					█
CHERRY TOMATOES						█	█	█	█	█		
CHRISTMAS TREES											█	█
COLLARDS	█	█	█	█	█	█	█	█	█	█	█	█
CUCUMBERS					█	█	█			█	█	
EGGPLANT						█	█					
FIGS							█	█	█			
GARLIC							█	█				
GREEN ONIONS					█	█	█	█	█			
GREEN PEAS				█	█	█	█	█	█	█	█	
GREENS	█	█	█	█	█	█	█	█	█	█	█	█
HERBS	█	█	█	█	█	█	█	█	█	█	█	█
HONEYDEW MELONS						█	█	█				
INDIAN CORN								█	█	█	█	
KALE					█	█	█			█	█	█
LETTUCE				█	█	█	█			█	█	
MUSCADINE GRAPES								█	█	█		
MUSHROOMS			█	█	█	█	█		█	█	█	
MUSTARD GREENS			█	█	█	█	█		█	█	█	

For directories and more information about NC produce, visit [ncdamarkets.org](http://ncdamarkets.org).

Agriculture is NC's # 1 industry. When you see the Got To Be NC logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.

Visit: [gottobeNC.com](http://gottobeNC.com)

Got To Be NC is the marketing program of the North Carolina Department of Agriculture.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
NAPA					█	█				█	█	
NECTARINES							█	█				
OKRA						█	█	█				
ONIONS						█	█					
PEACHES						█	█	█	█			
PEANUTS	█	█	█	█	█	█	█	█	█	█	█	█
PEARS							█	█	█	█		
PECANS											█	█
PEPPERS						█	█					
PERSIMMONS									█	█		
PLUMS						█	█	█				
POTATOES						█	█					
PUMPKINS									█	█		
RADISHES				█	█	█	█			█	█	
RASPBERRIES						█	█		█	█		
ROMAINE				█	█					█	█	
SNAP BEANS						█	█	█	█			
SNOW PEAS					█	█	█			█	█	
SNOW PEA TIPS					█	█	█			█	█	
SPINACH	█	█	█	█	█	█	█	█	█	█	█	█
SPRITE MELONS							█	█				
SQUASH - YELLOW								█	█	█		
STRAWBERRIES					█	█	█					
SWEET CORN							█	█	█	█	█	
SWEET POTATOES	█	█	█	█	█	█	█	█	█	█	█	█
TOMATOES/TOMATILLOS						█	█	█	█	█	█	
TURNIPS				█	█	█	█		█	█	█	
WATERMELON							█	█				
ZUCCHINI						█	█	█				



# Where Can I Find Local Foods?

## Direct Options

- Gardens
- Farms
- Farmers Markets
- Producer Co-ops/Food Hubs

## Indirect Options

- Food Retailers
- Food Banks
- Food Distributors
- Meal Vendors
- Food Service Management Companies

*\*Must be GAP-Certified*



Monday	Tuesday	Wednesday	Thursday	Friday
Submarine Sandwich on Whole Wheat Roll <u>Fresh, Local Tomato</u>	Whole Wheat Spaghetti with Meat Sauce ( <u>Local Beef</u> )	Chef Salad ( <u>Fresh, Local Tomatoes, Cucumber</u> )	Oven-Baked Fish Nuggets	Whole Wheat Cheese Pizza ( <u>Local Cheese</u> )
Three Bean Salad	<u>Local Whole Wheat Roll</u>	<u>Fresh, Local Bell Pepper Slices</u>	Whole Wheat Roll ( <u>Local Flour</u> )	Tossed Salad
<u>Fresh, Local Berries</u>	<u>Sauteed Squash &amp; Zucchini</u>	<u>Fresh, Local Peach</u>	<u>Local Snap Peas</u>	<u>Fresh, Local Grape Tomatoes</u>
<u>Local Skim and Low fat Milk</u>	<u>Fresh, Local Cantaloupe</u>	Whole Wheat Soft Pretzel	<u>Fresh, Local Watermelon</u>	<u>Fresh, Local Honeydew</u>
Water	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk
	Water	Water	Water	Water

## Summer Menus With Local Foods



# Strategies for Farm and Garden Connections

- Conduct on-site garden activities
- Contact garden-based organizations (e.g. Master Gardeners) in your area to provide free gardening lessons
- Send seeds with lessons home
- Create and send newsletters home for families with recipes, tips for gardening, shopping at farmers markets, cooking, etc.
- Hold a Harvest of the Month Educational event
- Do taste testing with locally-produced foods
- Offer fruit/vegetable nutrition education
- Host cooking demonstrations with local foods or sharing recipe cards
- Go on a field trip to a farm or farmers market
- Have a farmer visit your summer meals site



# Keep Bringing the Farm All Summer Long

## How to promote Farm to Summer monthly

- *Designate days in which at least one local food is served*
- *Plan cooking demo and/or taste test days using local ingredients*
- *Decorate and/or dress up*
- *Share info with kids and families*
- *Post on social media promoting NC Farm to Summer*

### Sweet Potato Fun Facts



- North Carolina is the #1 producer of sweet potatoes in the United States
- Sweet potatoes are available year round in North Carolina
- The sweet potato became the state vegetable of North Carolina in 1995
- Sweet potatoes are packed full of Vitamin A, which supports normal eye vision

#GotToBeNC #ShopLocal



### WATERMELON FUN FACTS

- North Carolina ranks #8 in watermelon producer in the United States
- The name fits: watermelon is 92% is water
- The average watermelon weighs 22-26 pounds
- Watermelon contains vitamin C, which aids in healing, protects us from getting sick or getting bruises, and helps our body absorb iron





# *NC Farm to Summer*

*Resources*



# Serving Local Foods

- NC Farm to School Cookbook
- NC Farm to School Toolkit
- NC K-12 Culinary Institute Recipes and Teach It Forward Resources
- NC Jr. Chef Competition

### Cantaloupe Information Sheet



**Purchasing Specifications**  
Specifications should state grade, type, size, and quantity. Select an appropriate grade for the intended use. Cantaloupes should have well-defined netting and have a light green to tawny yellow rind color with bright orange flesh. No more than 12% should have defects that make cantaloupes unusable, and no more than 2% should be affected by decay.

**Sizing**  
Cantaloupes are sized according to the number packed in a 40 pound box. The most typical sizes/number per box are 9, 12, 15 and 18 - with the 9 being the largest individual size and 18 the smallest.

**U.S. Grades**  
-U.S. Fancy - Well formed, well-netted with the highest requirement (11%) for internal quality.  
-U.S. No. 1 - Well formed, well-netted with a requirement of 9% for internal quality.  
-U.S. Commercial - No internal quality requirement.  
-U.S. No. 2 - No internal quality requirement.

**Internal quality requirement:** The combined juice from the edible portion of a sample of cantaloupes selected at random contains no less than 11% (U.S. Fancy) and 9% (U.S. No. 1) soluble solids as determined by an approved hand refractometer.

**Domestic Harvest**  
2, 3, 4: August - September  
5, 6: July - October  
7: June - September  
8, 9: May - July  
10: April - June



Check with your county or state Cooperative Extension Office for specific information regarding cantaloupe production in your area.

## WATERMELON

SEPTEMBER

**Planted**  
March  
Days are seeded and placed in the greenhouse

**Late May**  
Watermelons are transplanted to the field

**Harvested**  
July-September



Who doesn't love a delicious, ripe, juicy watermelon? The peak of watermelon production in NC is the month of July, but that doesn't stop anyone from enjoying this treat until September! Watermelon is packed full of nutrients to keep your body healthy like lycopene! Lycopene (Bah-lyuh-pee-eh) helps keep your body healthy because it's an antioxidant. Antioxidants fight free radicals which are just bad guys that enter the body such as pollutants and in high amounts, these bad guys can make you sick! Not only is watermelon a great source of lycopene, it is also 92% water so it can help keep you hydrated! Watermelon is native to Africa but the top producers of watermelon today are China, Turkey, the United States, Iran, and the Republic of Korea. Watermelon is enjoyed around the world but there sure is something special about a watermelon grown in North Carolina. Go ahead and give it a try!

**SUGGESTED USES FOR WATERMELON IN THE CAFETERIA**  
- Cut watermelon into slices for easy pick-up  
- Cut watermelon into cubes for serving with a portion server  
- Watermelon Shakes

Don't know how to credit your watermelon, don't forget to check the food buying guide for help! Want more information about watermelon, visit [ncmelons.com](http://ncmelons.com)



For more fun facts and tips, click or scan



NORTH CAROLINA FARM TO SCHOOL TOOLKIT



NORTH CAROLINA  
*Culinary*  
K-12  
INSTITUTE  
LISTENING, LEARNING, LEADING

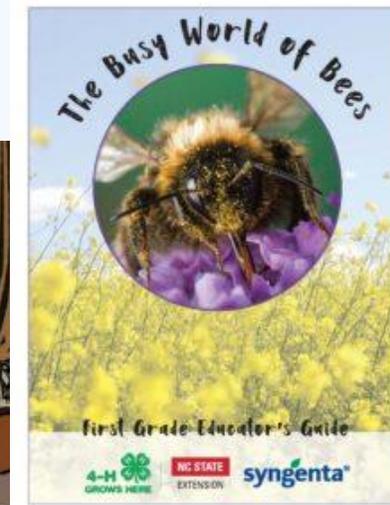
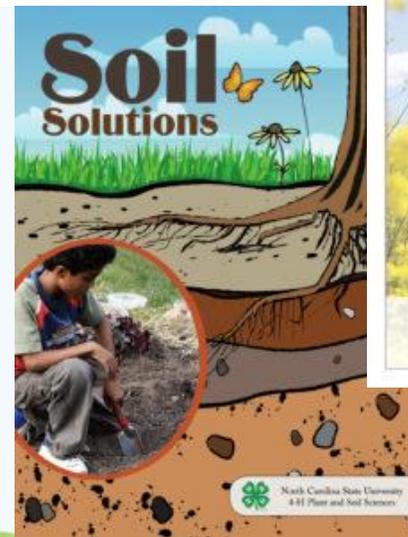
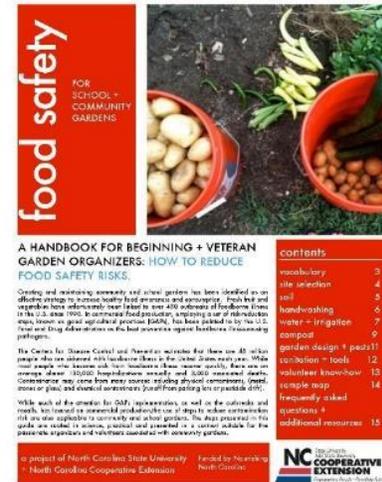


JUNIOR CHEF  
N C  
COMPETITION



# Gardening

- Growing Safer Gardens Guide
- Garden Brochure
- Extension Planting Guides
- 4-H Curricula
- Extension Seed Kits



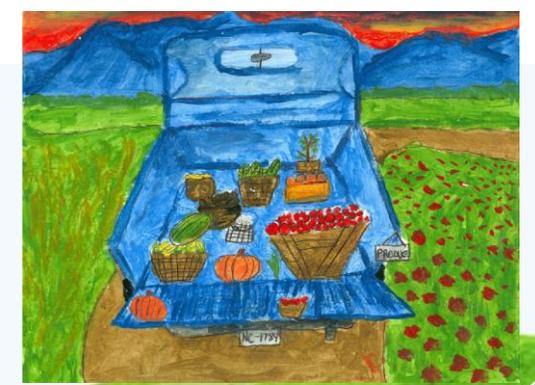
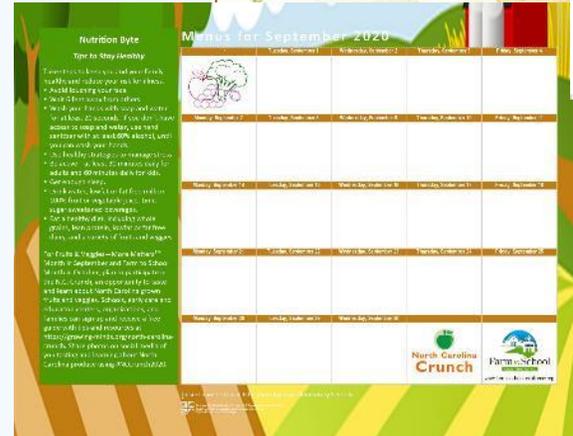
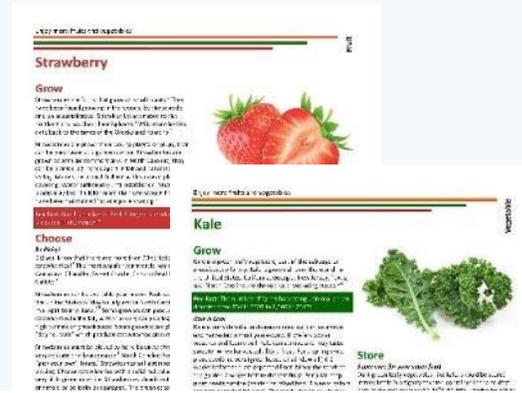
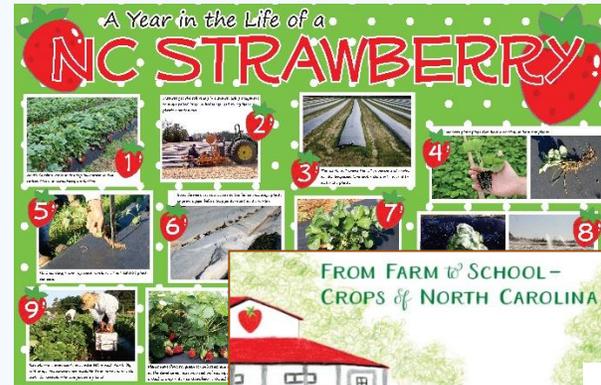
# Farming

- *ASAP Field Trip Guide & Video Series*
- *Got to Be NC Directory*
- *Extension Virtual Farm Tours*
- *NCSU Dairy NC 360*
- *The Dairy Alliance Live Tours/Adopt a Cow*
- *NC Pork Council Video Series*
- *NC State Farmers Market Virtual Farm Tour*



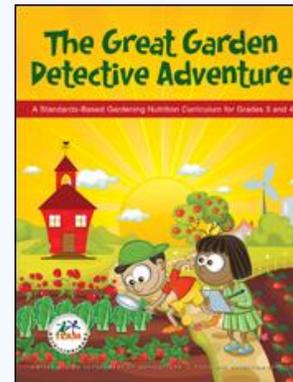
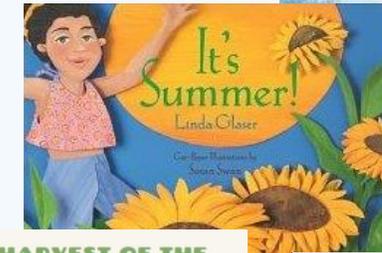
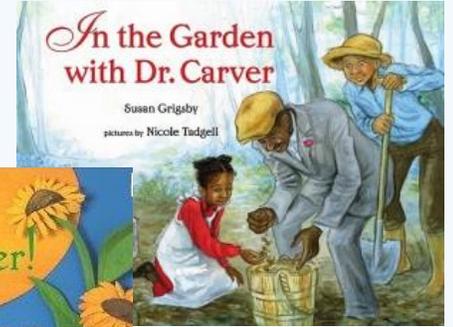
# Teaching about Local Foods

- NCDPI Menu Templates
- Fruit & Vegetable Fact Sheets
- NCDA&CS Storybooks, Activity Guides & Posters
- NC Farm to School Calendar
- Strawberry & Sweet Potato Lessons



# Teaching about Local Foods

- ASAP Growing Minds
- NC Ag in the Classroom Books, Lessons and Ag Mags
- 10% Campaign
- Carolina Hunger Initiative Harvest of the Month and Cooking Matters Classes
- USDA Team Nutrition Resources

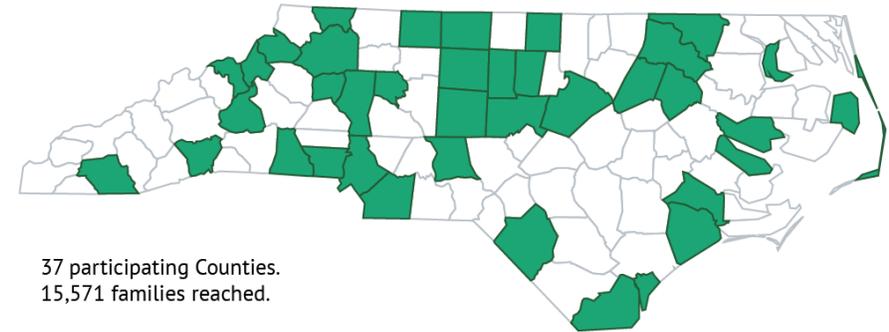


# Farm to Summer Stories



Brunswick County

## Seed Kit Distribution to families during school closures



Thanks to support from





# *USDA Turnip the Beet*

*Awards*



# Who is Eligible for Turnip the Beet?

- All Summer Sponsors in good standing who operate May 15-September 15, 2021
- Sponsors who utilized USDA COVID-19 waivers are eligible
- Sponsors may self-nominate or be nominated by another party
- Submissions must include the completed Nomination Form and a detailed 1-month menu



# How are Nominations Evaluated?



- Nominations must clearly illustrate how the meals are appetizing, appealing, and nutritious
- Nomination Form includes short answer questions and menu criteria based on the Dietary Guidelines for Americans
- Criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low fat and fat free milk



# Award Criteria

- Age appropriate
- Culturally appropriate
- Gather feedback on new foods
- Encourage eating healthy foods
- Offer food/nutrition activity
- BONUS: Team Nutrition resources used
- Serve locally produced foods at least one time per week, per meal type
- Repeat entrées 2x or less/month
- BONUS: Entrée types are repeated two (2) times or less per week, per meal type
- Menu includes at least 1 hot item per week, per meal type



# Award Criteria

- At least 4 different veggies and/or fruits are served during the week, per meal type
- BONUS: At least 1 serving each of dark green, red and orange, beans, and peas (legumes), starchy, and other vegetables is served per week
- Majority of produce is fresh
- Juice is served to meet the fruit/veg component 2X or less per week, per meal type
- At least 1/2 of the grains served are whole grain-rich
- Sweet grains are served 2X or fewer per meal type per week
- BONUS: Sweet grains are not served
- Only low fat (1%) or fat free dairy milks are served
- Water is available at no cost
- Supporting documents, including 1-month menu, photos, recipes, news clips or other
- Use of COVID-19 waivers



Monday	Tuesday	Wednesday	Thursday	Friday
Submarine Sandwich on Whole Wheat Roll <u>Fresh, Local Tomato</u>	Whole Wheat Spaghetti with Meat Sauce ( <u>Local Beef</u> )	Chef Salad ( <u>Fresh, Local Tomatoes, Cucumber</u> )	Oven-Baked Fish Nuggets	Whole Wheat Cheese Pizza ( <u>Local Cheese</u> )
Three Bean Salad	<u>Local Whole Wheat Roll</u>	<u>Fresh, Local Bell Pepper Slices</u>	Whole Wheat Roll ( <u>Local Flour</u> )	Tossed Salad
<u>Fresh, Local Berries</u>	<u>Sauteed Squash &amp; Zucchini</u>	<u>Fresh, Local Peach</u>	<u>Local Snap Peas</u>	<u>Fresh, Local Grape Tomatoes</u>
<u>Local Skim and Low fat Milk</u>	<u>Fresh, Local Cantaloupe</u>	Whole Wheat Soft Pretzel	<u>Fresh, Local Watermelon</u>	<u>Fresh, Local Honeydew</u>
Water	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk	Skim and Low fat Milk
	Water	Water	Water	Water

## Summer Menus With Local Foods



# What is the Recognition?

- Three award levels are available: gold; silver; and bronze
- All winners receive a certificate
- Silver and gold winners will be featured on USDA's blog, and gold winners will be identified on USDA Summer Site finder



**TURNIP THE BEET**

**with high quality summer meals!**



# What is the Timeline?



- *Service – May 15-September 15*
- *Applications due to NCDPI – 5 pm on September 10*
- *One week to review and reach out to Sponsors for any updates*
- *2 weeks for reviewers to score*
- *Submit to USDA by October 4*



# What Resources are Available?

- Nutrition Guide for Sponsors
- Farm to Summer factsheet
- Summer Meals Toolkit
- Team Nutrition Resource Library



**Nutrition Education Activities**

How can Summer Meal Programs engage children and their families in healthy eating and physical activity? By combining nutritious meals with nutrition education, your summer meal site can offer fun activities, create opportunities to engage the community, and help children develop lifelong healthy eating habits. USDA has activity guides, infographics, and print materials to help you get started!

Go to [Resources](#)

**Team Nutrition**

USDA's Food and Nutrition Service (FNS) has a library of free nutrition education materials (and more to come!), in English and Spanish. Team Nutrition resources help increase awareness of the importance of making healthy choices and staying physically active during the summer months. To request printed materials, use our Resource Order Form and allow 2 to 4 weeks for delivery. All are welcome to download these materials and make copies.

<https://www.fns.usda.gov/>

**Check These Out:**

- **Summer Food, Summer Moves**  
Looking for a fun, hands-on resource to get children excited about healthy eating and physical activity during the summer months? This step-by-step kit uses creative themes, entertaining games, and educational activities to teach children and their families about nutrition and exercise. The kit also includes posters, family handouts, flyers, and a placemat activity sheet.  
<http://www.fns.usda.gov/summer-food-summer-moves>
- **This Summer, Eat Smart to Play Hard: A Parent's Guide**  
This family-friendly color brochure provides nutrition tips, an interactive game, and information about Summer Meals.  
<http://www.fns.usda.gov/summer-eat-smart-play-hard-parents-guide>

 **Summer Meals Toolkit**  
1001120



**Farm to Summer Benefits Everyone**

The summer is a time of abundance for many communities. It's a time to enjoy the fresh produce and local foods that are available in your area. This factsheet provides information on how to incorporate local foods and agriculture-based activities into your summer meal program.

**Why is Farm to Summer Important?**

Summer is a great time to introduce children to healthy eating and physical activity. It's a time when children are more likely to be outdoors and engaged in activities. This factsheet provides information on how to incorporate local foods and agriculture-based activities into your summer meal program.

**Summer Meals Toolkit**

1001120



# THANKS!

*We can't wait to see how you bring the farm to summer with your programs.*



# Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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